



City of Newton, MA

INVEST IN YOURSELF

July 2013 Health and wellness newsletter for employees

SUMMER SUN SAFETY

NEED YOUR BLOOD PRESSURE TAKEN? HAVE A MEDICATION QUESTION?

A nurse from our Health & Human Services Department is available for consultation. Just call ahead to make sure someone is available. Ext. 1420

August Zumba
Wednesdays in
the
War Memorial
from 5:15 to
6:15 PM

\$32 for the
4-week session
Begins Aug 7.
Sign up today!

Email
wellness
@newtonma.gov

Whew! Its hot out! Its that time of year again, hazy, hot, and humid July! Be sure you and your family are ready to handle what mother nature dishes out this summer with the appropriate items:

Sunscreen

Sunscreen has changed and improved over the years, and most sunscreens now include protection from UVA and UVB rays. SPF 30 is most likely the best; SPFs higher than 50 don't necessarily provide more protection. Putting on a lot and reapplying are key for sunburn prevention. Look for these ingredients in sunscreen to protect from the most harmful form of UV radiation, UVA: mexoryl, parsol 1789, titanium diox-



ide, zinc oxide, or avobenzone. A good sunscreen will cover the UVA-UVB spectrum.

Extra Water

It is very easy to become dehydrated in hot weather, especially on humid days. Keep a water bot-

tle with you, even on short errands.

Long Sleeve Shirts/Hats

It is important to protect your head and neck from the sun and hats can help shade your face. Long sleeve shirts made of light materials can protect your arms without needing to use sunscreen. Eyes absorb UV radiation like skin, so grab a pair of sunglasses while outdoors!

Quick Prevention Tips

- Check on elderly neighbors to make sure they're doing ok in the heat
- Never leave people/pets in a closed vehicle,
- Limit outdoor activities to morning and evening
- Seek air conditioned spaces when possible

NEWTON FARMER'S MARKETS



Tuesdays 1:30-6:00 p.m.

Cold Spring Park
1200 Beacon Street, Open now through Oct. 29
This market is walkable from City Hall!

Fridays 12:00-5:00 p.m.

American Legion Post 440
295 California St., Parking Lot
Open now through Oct. 4

There will be farm fresh fruits and vegetables, turkey, beef, fresh fish, cheese, eggs, olive oil, baked goods, jams, jellies, plants, and flowers.



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MOSQUITO BORNE DISEASES

The most common disease spread by mosquitoes in the Newton area is West Nile virus (WNV) infection.



The virus is commonly found in the bird population, and spreads when the mosquitoes bite infected birds and then bite humans.

The types of mosquitoes most likely to carry the virus breed in standing water in containers such as flower pots, bird baths, tires, pet water dishes and pool covers. Eliminating these sources can help cut down on the mosquito population.

You can also reduce your risk of WNV infection by avoiding being outdoors when mosquitoes are most active between dusk and dawn, using effective mosquito repellent with DEET, and covering your skin outside.

Most people infected with WNV will experience mild or no symptoms. About one in 150 people

infected with WNV will develop severe illness. The severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent.

People over age 50 are at higher risk of serious symptoms if they do get sick with the virus.

Another mosquito-borne disease, Eastern Equine Encephalitis (EEE), is much more serious. It is found in and around freshwater, hardwood swamps because that is where the mosquitoes live that carry EEE virus.

The preventive tips for EEE are the same as those for WNV, but employees who live in communities with freshwater, hardwood swamps (mostly found in Plymouth and Norfolk counties on the South Shore) should be particularly vigilant about prevention.

HONEY PEAR CRISP



Enjoy this sweet treat with some cool

vanilla frozen yogurt for a summer delight!

Ingredients

1/2 cup of old fashioned oats

1/4 cup of whole wheat flour

1/3 cup of brown sugar

1/4 tsp. ground cinnamon

1/4 tsp. nutmeg

1/8 tsp. salt

4 tbsp. (1/2) stick butter

4 ripe Bosc or d'Anjou pears (peeled, halved, and cored)

1 tbsp. fresh lemon juice

2 tbsp. honey

Directions

1. Set your oven to 375°F
2. Spray a pie plate with cooking spray
3. Put oats, flour, brown sugar, cinnamon, and nutmeg in a medium bowl and use a fork to stir it all together. Mash and stir the mixture until a crumbly mixture forms
4. Put the pears on the pie plate and drizzle with lemon juice and honey
5. Crumble the oat topping all over the pears. Bake until the pears are softened ~ 25 minutes. Remove the crisp and let it cool for 15 minutes before serving

SUMMER CRITTERS LUNCH & LEARN

Join us on **Thursday, July 25 at 12 noon** in City Hall Rm. 222 for another exciting Lunch & Learn!

This month we will be having Senior Environmental Health Specialist John McNally, RS and Linda Walsh, RN, talk about summer critters. They will discuss mosquito and tick borne diseases such as West Nile Vi-

rus and Lyme Disease, symptoms, and the best ways to prevent them.



A light lunch is included for those who RSVP by Tuesday, July 23, 2013 to:

wellness@newtonma.gov

This event was scheduled last month, but has been re-scheduled.